

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH, HAPPINESS and PLENTY

July, 1933

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

June 20 to July 19

Divine love guides my yearning soul to the fountain of infinite light within me, and I radiate the glory of God.

My yearning heart is filled with divine love, and I am restored to peace and health.

Divine love blesses and increases my substance, and my every need is supplied.

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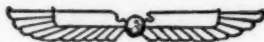
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UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

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F. B. WHITNEY, *Editor*

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OUR REALITY

God is the only reality
and we are real only as
far as we are in His
order and He is in us.

—Coventry Patmore.

THE FAULTFINDER

The faults you find in other folks
Lie first in your own eyes;
Examine well your self and thoughts
When you would criticize.
The evil you would find in them
Strikes, too, a chord in you;
If you were altogether good
But good would come to view.

Now, when you talk of other folks
Or advertise their sin,
You'll find that thereby you become
Like them, to them akin.
If then, instead, you see their good,
Your life will be good, too;
And, surely, seeing, finding good
Is something you can do.

Now, only one who's finished well
Perfecting self, has time
To look for faults in other folks,
Shortcomings pantomime.
But he who's not a fault at heart,
Who's reached perfection's goal,
Thinks only Truth, sees only good;
Naught else is in his soul.

THE THRESHOLD OF OPPORTUNITY

MAN ever stands at the threshold of opportunity. Every second of his life presents a new opportunity to him, a chance to take a new hold upon life. Only his own limited thought can limit him. Only his belief that "lost" opportunities never return can keep him from discovering them and making the most of them. If he blinds his own eyes and then fails to see the opportunities he seeks, his reaction to life and opportunity is purely negative, because his thought is negative. Success comes only to the individual who is receptive to it and whose thought is positive.

All of us can see on every hand instances of men who make the most of opportunity, men who believe in good fortune. They stand on the very threshold of opportunity and are quick to recognize it. On the other hand, we have those who believe in bad luck and lack of opportunity. But one thing marks the difference between the two classes: a difference in thought, in consciousness. Of course, the mind of the successful man in the unsuccessful individual would make him successful. He would find himself acquiring a new outlook upon life, becoming optimistic, seeing opportunities, and making the most of them.

We can see that the first opportunity for the unsuccessful man to take is the opportunity of correcting his thought. If he happens to be out of a position, he can well give part of his time to building up a consciousness of optimism and success that will be of use to him when he

is employed again. Through this consciousness will come the ability to see opportunities. His step in the right direction will lead him to the very threshold of opportunity.

Writers of all time have made "opportunity" a favorite theme. How inspiring we find these lines from Walter Malone!

They do me wrong who say I come no more,
When once I knock and fail to find you in;
For every day I stand outside your door
And bid you wait, and rise to fight and win.

Elbert Hubbard thought of "Opportunity" as literally forcing man to recognize and to accept it. He wrote in this very graphic fashion:

The actual fact is that in this day Opportunity not only knocks at your door but is playing an anvil chorus on every man's door, and then lays for the owner around the corner with a club. The world is in sore need of men who can do things. Indeed, cases can easily be recalled by every one where Opportunity actually smashed in the door and collared her candidate and dragged him forth to success. These cases are exceptional, usually you have to meet Opportunity halfway. But the only place where you can get away from Opportunity is to lie down and die. Opportunity does not trouble dead men, or dead ones who flatter themselves that they are alive.

Certainly, this writer was so enthusiastic about the power of opportunity that he felt he must put the thought in such vivid language as

almost to overpower the reader, at least so vivid as to stir him from his lethargy. Thinking in this vein, we cannot concede that opportunities are lost, hidden, or withheld from us.

Are you asking why opportunities continually come to us? They are attracted by our desire for them, by our rich ideas, by willingness to help others. We think of the person who appears to be without opportunities as one seemingly without ideas. We think of him as generating an adverse thought that acts as a barrier to his seeing and seizing opportunity. We usually feel led to share with him some optimistic thought that will make him more alert mentally and more appreciative of opportunities.

Let us think of an opportunity as an occasion to put into action and force the ideas that God gives to us. From the innermost depths of our mind and spirit comes a rich idea. Next, we look for the proper channel through which to make use of it. We should realize that the idea always brings with it the opportunity for its use. Possibly, if you have not found the opportunity you want, you have neglected to get the idea that is associated with it.

The value of your opportunity to serve will depend on the number of persons who can make use of your idea to their advantage. You can succeed by giving to others something that in turn helps them to succeed.

ONENESS AND APARTNESS



UNITY teacher tells the story of a woman who came to him for help. She was a rather emotional type, who had studied Truth for some time without applying it as she should. Now she sought his advice and treatment. She began by saying, "The trouble seems to be that I feel so much at one with God and so much apart from everything that can disturb me." The teacher evidently looked puzzled and she, seeing that she had not said what she intended to say, corrected herself: "Oh, I did not mean that. I meant that I seem to be so much apart from God and so much at one with disturbing situations!"

The teacher smiled at her and said that her study of Truth had prompted her to make the first statement even when she tried to think and to talk in another state of consciousness. She began to feel that her study of Truth had done something for her. She asked, "Do you have any clew as to what I should do?" His reply was "Only from the statement you made. Why not try just that? Instead of thinking and saying that you are one with disturbing things and apart from God, why not just take the attitude that you are at one with God and apart from disturbing things? When things seem to disturb you, realize your oneness with God. The world is plainly made up of two kinds of persons. We have those who identify themselves with disturbing elements and thereby bring about an inner soul disturbance,

and we have those who feel a certain inner peace of soul because they have found God and have made themselves one with Him."

The student set to work on these instructions and came back a few weeks later with her whole viewpoint changed. She had learned how to detach herself from disturbing situations. She had realized her oneness with God within her and her ability to adjust things in the external world through this consciousness.

We know another teacher of Truth who never identifies himself with cheap and sordid situations or affairs. He preserves a certain conscious nobility of soul, a certain sense of living apart from and above those petty affairs which disturb many individuals. He seeks to identify himself only with that which is high and noble and good. Many persons go to him for help because of his consciousness of apartness from disturbing situations and his oneness with the Spirit of peace, joy, and good within him.

Have you learned to separate yourself from adverse thought? Have you found the secret of changing your thought and identifying yourself with that which is true? If Truth does not seem to work for you, no doubt you are not applying it as you should.

Most of us have known individuals who always identify themselves with controversial causes and disturbing situations. They are of the insurgent type. One newspaper man once

referred to them as the "againststers." They join or organize movements against the government, pamphleteer against religion, and seek to take from us our most hallowed traditions. Identified with controversy, they find their lives disturbed and themselves in a state of unhappiness.

On the other hand, we have those who make their union with certain elements of peace and enjoy life as it comes to them. Life takes on a new meaning through their magic touch. All things of the outer world appear to be transformed by their living. They identify themselves with peace and leave controversy to those who choose controversy.

When you think that persons and external things can disturb you, you identify yourself with that consciousness in which things of the outer world have power over you. When you allow yourself to be disturbed because of something another says or does, you make yourself his slave. When you realize that in Truth you are one with God within you, then you are at one with only good, only peace, only health, only success.

Identify yourself with the thought of God's presence and there can be only the presence and reality of good. Unify yourself with the Truth of your majesty of Spirit and you will lead a majestic and noble life, entirely detached from the belief that external things can affect you.

PHANTOMS AND REALITY



THE MOST fleeting things we encounter are the beliefs of fear. For a moment, they may seem to possess us and then, when we assert ourselves, they are gone. We correct our thought about them and find them but phantoms, unrealities. When we cease to believe in them, they are deprived of the substance of our belief and lose the power to exist.

Man has the power of free will and can think whatever he chooses to think. He can think Truth or its opposite. He can believe that Christ in him is the only presence and the only power in reality, or he can believe that some external thing or force deprives Christ of His omnipresence and omnipotence. He can believe in the phantoms that he forms through his rebellious thought—rebellious because in opposition to the Truth of God—or he can believe in reality, God. He can believe that external things, persons, and situations can harm him, and for this reason entertain fear; or he can believe Truth.

The consciousness of reality, the presence and power of Christ in him, frees his mind from the phantoms of fear. When he grows or develops in this consciousness of reality, he finds that his fear diminishes. It becomes more and more unreal to him. It loses substance, reality, being, and existence in his sight as he meditates more and more upon the substance, reality, being, and existence of God. He thinks of the reality of the good, God, and finds that only

that which is of God exists in Truth.

These lines from Scotus Erigena, an Irish philosopher of a very, very early date, are always inspiring to the student of Truth: "A thing has real existence only so far as it is good, and its excellence is the measure of its reality." Erigena, in these lines, has stated almost the whole of metaphysics. Most assuredly, if we measure the reality of any thought or thing according to its excellence, if we give it reality only in so far as it is of God, the good, then we free our mind of all adverse beliefs—fear, hate, disease, and lack—not based on God and Truth. The whole study and practice of Truth is for the purpose of establishing us in reality, God. By its practice, that which is not reality fades into nothingness as do phantoms or fogs.

The person who knows that the sum of three and four is seven is firmly established in the truth of this mathematical proposition. If he sees the sum stated as nine, his mind goes through the process of declaring the sum is untrue and of more firmly knowing the truth about seven. He corrects his thought instantly and clings to the principle of mathematics and its truth.

If you would learn to correct your thought when dealing with fear, personal matters, disease, and lack with the same quickness and precision with which you correct it in handling mathematical problems you would solve personal problems as easily as you do mathemati-

cal problems. You would wipe out the phantoms of fear as readily as our forefathers wiped mistakes from their school slates.

That which the Truth of God declares to be unreal can have no presence or power in your life. When your entire thought is upon God, the good, and His reality, you can give no thought to anything unlike God or opposed to Him. When you know in your heart of hearts that God is your peace, light, love, joy, health, and supply, you cannot believe in the phantoms of so-called evil. Paul knew that every man falsified who believed in something other than God and Truth. "Let God be found true, but every man a liar."

The person who thinks in terms of evil and believes that it has presence and power plainly shows that God, the good, is not the only reality and power in his consciousness and in his life. Were he to believe that God's omnipresence is in man's belief in disease, he would establish disease as a reality from which he could never escape. He would not be able to correct his thought and free himself from disease because it would have the Truth of God to sustain and promote it.

Study to know more of God, more of Truth and reality. Take your thought off that which is un-Godlike, unreal according to His principle. Cause the good to be manifested in your life by causing the reality of good to be more firmly fixed in your consciousness.

AN AFFIRMATION FOR SUPPLY
GENE DORANTE

God, divine intelligence, is my guide.

I intrust the entire administration of my affairs to Him.

He will bring into my life people, circumstances, instruments and events suitable for carrying out His plans for my good at all times.

He will create positions and opportunities for me that shall in no way harm the interests of His other children and my fellow men.

He will find a market for my property when it is to my best interest to sell.

He will arrange my monetary and legal affairs.

I will allow His decisions to guide me and will realize at all times that He, all-knowing, all-loving, has my best interest at heart, for I am His perfect child.

Now I open myself to receive the divine inflow of all good: health, wealth, love, joy, peace, and abundance!

SATURDAY, JULY 1

The fearless presence of the Spirit of Christ in me makes me courageous and unafraid.

WE CANNOT know fear when we realize that within us is the very presence of the Spirit of Christ. We can face any situation when we know this. We can replace the obsessing thought of fear with the truth about courage when we turn in thought to the Christ within us.

What do you fear? Do you think of yourself as fearing other persons and external things? Fear is purely mental. Fear is engendered from the adverse thoughts that you entertain. When through the study of Truth you replace the thought of fear with the thought of courage you can no longer be afraid. You conquer fear by letting the truth about courage wipe out the offending belief. You must impersonalize fear in order to get rid of it.

Do not entertain the thought or mental attitude that another can harm you. If you do so, you will come to believe that he can do so. You are afraid of another because you entertain a fear thought about him.

There were they in great fear, where no fear was.—*Psalms 53:5.*

(*First Unity Daily Word*, published July, 1924.)

*I am freed from all thought of anxiety
because I believe that God in the midst
of me is taking care of all my affairs.*



ARE YOU entertaining anxious thoughts today, or do you trust in God? Do you think that besides God there is some evil power? Do you have difficulty in yielding the anxious thought for one of trust? Are you willing to let God take care of you and all your affairs?

Your worry will disappear when you fill your mind with thoughts of trust. There will be nothing for you to worry about when you relieve your mind of all thought of anxiety. The thing that seemed so important and so disturbing becomes as nothing when you relieve yourself of the worrisome thought about it.

Worry plainly indicates that the individual is allowing himself to be ruled by thoughts other than thoughts of Truth. He shows that he is thinking about the apparent condition of things and not about his affairs as they exist in the sight of God. Since worry is the activity of adverse thought, the only way we can be freed from it is by a change of thought, replacing adverse thoughts with trust and the consciousness of Truth.

Come unto me, all ye that labor and are heavy laden, and I will give you rest.—*Matt. 11:28.*

MONDAY, JULY 3

*God in the midst of me knows no evil
and manifests Himself in me and in my
life as all-good.*

DO YOU think that in Truth there is both good and evil, both God and an opposite? Do you think that God's omnipresence and omnipotence is shared with what man calls evil? Do you believe that evil has the same reality and existence as the presence and power of Truth and God?

The problem of good and evil which has always concerned the student of philosophy and religion can be solved only through a study of metaphysics and of mind. If we consider that God is the only presence and power in Truth, then we have to bring our human thought about opposites up to this standard.

Evil can be defined as that supposition which man conceives of as an opposite of God, the one presence and one power. When man understands Truth, he sees that God can have no opposite. He may abide in the consciousness in which he does not know God and Truth, he may have experiences in which evil seems quite real to him; but in time his experiences will convince him that he is wrong and that Truth is right. God will prove himself to have no opposite.

Thou that art of purer eyes than to behold evil . . . holdest thy peace.—*Hab. 1:13.*

TUESDAY, JULY 4

The consciousness that Christ in me is free sets me free from all belief in bondage, and I declare my perfect freedom.

FREEDOM is man's birthright. He should not believe that anything or any person can hold him in bondage. God has given him perfect freedom and the very presence of Christ within him ever urges him to free himself from limiting or binding beliefs.

In Truth we realize our perfect freedom. We seek to free ourselves from those thoughts which would hold us in bondage to persons and things. We free ourselves from limited beliefs so that Christ in us may have perfect freedom. We continually correct our thought so that no enslaving belief may limit our free and perfect expression.

If you would be free, see that you entertain no belief that persons or things can hold you in bondage. Wipe out any belief that things of the external world can limit your joy, health, or success. Clear from mind all thought that interferes with your free and full expression of Christhood.

I shall walk at liberty;
For I have sought thy precepts.
—*Psalms 119:45.*

WEDNESDAY, JULY 5

*I rejoice because the Spirit of Christ
within me is ever rejoicing.*



THE STUDY of Truth reveals to us that there is nothing in the external world capable of making us unhappy. We discover that persons and things cannot take our joy from us when it is established in the presence of Christ within us. We find that situations and events cannot disturb or depress us when we know that through Christ we are master of them.

Joy comes through the realization that Christ within us is ever rejoicing. We are willing to rise out of our petty beliefs in personal injury, we are ready to give up all belief that things of the world can harm us or take our joy from us, when we enter the realization that Christ is present within us as our never-ending joy.

If you would be happy, cease to worry about things about you. Instead, know that through the presence of Christ within you, you can transform them into that which will bless you. From the standpoint of your indwelling Lord, view the world about you as totally unable to interfere with your joy and happiness. From this viewpoint see all persons and all things as contributing to your highest good.

Thou hast put gladness in my heart.—*Psalms*
4:7.

THURSDAY, JULY 6

Thoughts of Truth now free me from thoughts of inharmony, disease, and failure, and I think thoughts of peace, health, and success.



WE THINK thoughts of Truth when we think according to the principle of Truth. Thinking in this way, we disabuse our mind of beliefs in opposition to Truth. We dismiss from mind thoughts of inharmony, disease, and failure, and find ourselves thinking thoughts of peace, health, and plenty.

Divine Mind, our spiritual consciousness, reveals to us the thoughts that we need to think in order to develop and to progress Godward. Much of the study of practical Christianity, Christian psychology, is given to correcting thought and to applying spiritual thought. Thoughts of Truth set us free from false beliefs. When we think the right thought we are relieved from the adverse thought that has held us in bondage.

The whole study of Truth is for the purpose of teaching us how to think aright. We naturally think the right thought when through Truth we see things in the right light. We make our thoughts conform to spiritual consciousness.

Be ye transformed by the renewing of your mind.—*Rom. 12:2.*

FRIDAY, JULY 7

God, the principle of Truth, the law of good, now governs me as the only law and principle of my life.

DO YOU believe that you are governed by many laws, adverse laws? Do you think of yourself as ruled by so-called laws of disease and failure and ill luck? Do you think of evil as having a principle to sustain it? Have you realized that in Truth there is but one God, one principle of Truth, one law of good?

God is divine principle, spiritual law, sustaining man and keeping all things in perfect order. Even as mathematics has its principles or it would not be a dependable science, so the Truth of heaven has a principle upon which it is founded, and that principle is God Himself.

God as law is the law and rule of our life. When we cease to believe that God has an opposite we begin to know that there is no law but God.

Free yourself from the belief in laws of adversity and misfortune and realize that there is only the principle of God at work in your affairs. God is the principle of your life and your work.

The law of the Spirit of life in Christ Jesus made me free from the law of sin and of death.
—Rom. 8:2.

SATURDAY, JULY 8

The ever-renewing Spirit of Christ within me renews my mind through new ideas and renews my body through new life.

WE ARE constantly being renewed through the renewing presence of Christ within us. We are urged to give up old, crystallized, and useless ideas. We are prompted to free ourselves from the thought that age can place a limitation upon our physical body. Something within us ever renews and regenerates us.

If you would renew yourself mentally and physically, expel from mind any belief in stagnation or age. Free yourself from any thought that would interfere with the ever-renewing processes of Spirit. Set yourself free from any belief that would prevent your full expression of the new life of Spirit within you.

Relieve yourself of monotonous thinking by thinking new thoughts. Your mind will be revitalized through thinking new ideas. Your body will be refreshed through the vitality of the new thoughts that you think.

The renewing work of the Spirit of Christ within you is now quickening you to realize that you are constantly being made new. You are Spirit's expression of itself.

Renew a right spirit within me.—Psalms 51:10.

SUNDAY, JULY 9

I am free from the habit of impatience, because I know that the Spirit of God in me is now working in all things for my highest good.

IN ORDER to free yourself from being impatient, you must know that in Truth nothing can make you impatient. You need to realize that Spirit is working for you and that nothing can thwart its action. Nothing can interfere with God, ever working for your highest good.

Many persons become impatient because they believe that in some way God's action will be delayed. The belief in time makes them think that their salvation will not come before evil has intervened. They place limits to what God can do for them.

The impatient person shows very plainly that he believes in something other than God. He shows that he thinks some other power will subtract from the power of God or prevent it from coming to his deliverance.

Trust in God delivers us from impatience. Freedom from the belief that something besides God has power helps us to rely more thoroughly upon God and to believe that He is coming to our rescue.

The Lord direct your hearts into the love of God, and into the patience of Christ.—*II Thess. 3:5.*

MONDAY, JULY 10

The peace of God fills my heart and radiates into my world.

DISABUSE your mind of every inharmonious belief. Cease to think of disturbing beliefs about external things or other persons. Banish from mind every thought in opposition to the peace of God. Abide in the consciousness that within you the peace of God is now filling you to completeness.

Being peaceful is very simple. We simply cease thinking the peace-disturbing thought, and think Truth. We turn our thought away from things that seem to disturb us, and turn Christward. We direct our thought to the presence of Christ within us and realize that His presence and His peace fills our heart and our world.

You cannot be peaceful until you learn to discipline your thought and correct your thinking. You may travel or try all kinds of external methods of relief but you cannot get away from your inharmonious thinking except by getting rid of inharmonious thought.

Fill your mind with peaceful thoughts and there will be no room for inharmonious ones. Think in terms of peace and you cannot be pugnacious. Entertain peaceful thoughts about others and they will contribute to your peace.

Peace be multiplied unto you.—*Dan. 4:1.*

TUESDAY, JULY 11

Abiding in the love of Christ within me, I am loving at all times and under all circumstances.



THE LOVE of Christ knows no limitations. It is entirely impersonal in its action. Christ does not have a large measure of love for one person and a smaller measure for another. Christ does not withhold His love on one occasion and shower it on another. When we meditate upon the love of Christ we become impersonal in our love and unlimited in its expression.

The love of Christ heals us mentally and physically. We are freed from hate and fear. We are healed of those thoughts which have made us unloving. We are healed physically of the effects of unloving thoughts. Best of all, we are healed of any inclination to be unloving and ungenerous.

The love of Christ is universal. It is shared with all persons everywhere. No one need feel that he is apart from the love of Christ. No one needs to believe that the love of Christ comes to him in a limited way. Christ is ever generous in His love, and when we love through the Christ consciousness, we too love unstintingly.

Love one another; even as I have loved you.
—John 13:34.

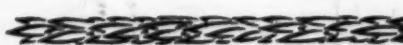


Begin the Day with Friendliness

Begin the day with friendliness
Yes, greet the dawn with happiness
Salute the day with peaceful thoughts
Begin the day with joyful soul,

Begin the day with friendliness
Keep in your soul a friendly thought
Have in your mind a word of cheer
And they will bless you too, in

Begin each day with friendly thoughts
Keep friendly, loving, good, and
The day will be a friendly one,
That you were happy all day long





friendliness and only friends you'll find.
With happiness. Keep happy thoughts in mind.
Peaceful thoughts, and peace will fill your heart;
Joyful soul, and joy will be your part.

friendliness; keep friendly all day long;
friendly thought, your heart a friendly song.
A word of cheer for all who come your way,
You too, in turn, and wish you "Happy Day!"

friendly thoughts and as the day goes on,
good, and kind, just as you were at dawn.
friendly one, and then at night you'll find
all day long through friendly thoughts in mind.



The purifying, healing, strengthening presence and life of Christ in me is my life, and I am thoroughly alive.



THE LIFE of Christ within you is that which sustains you and keeps you alive. You continue to live as long as you are consciously identified with Christ and His life. You are able to draw upon Him for whatever you need. If you need to have more life and more energy, you but increase your consciousness of the presence of Christ.

This life cleanses, heals, and strengthens you. It nourishes and sustains you. It urges you to realize that you have all-sufficiency of life and need not depend upon external things in order to live. It vitalizes you and fills you with the spirit of enthusiasm about life.

The life of Christ can never be depleted. You cannot draw upon it and diminish its supply. You cannot live too strenuously if you have a consciousness that this life is being ever supplied to you. You cannot tire or become weary when you know that the life of Christ in you ever renews and ever refreshes you.

Abide in the conscious realization that Christ in you is your life. In Him you are thoroughly alive, ever drawing upon His life.

Thy life shall be clearer than the noonday.
—Job 11:17.

THURSDAY, JULY 13

The strength and power of Christ in me gives me power over my life and over every situation in my affairs.



HE POWER of Christ in us causes us to realize that there is no external power over us. Abiding in the realization that He is all-power, we know that no adverse situation can have power. We realize that only good has power, that only God is omnipotent.

The power of Christ is the very power of heaven which we tap and make use of according to our individual needs. It is the power to heal, the power to overcome difficulties, the power to succeed. It gives us power to love when hate and fear seem to conspire against us. It gives us power to forgive. Through it, we have power to accomplish whatever we undertake. Such is the might of the power of heaven brought to bear upon our life and expressing itself through us according to our necessity.

The only power there is in Truth is the power of God, the good. Cease to believe that adverse thought has power. Cease to think that there is power in fear, hate, disease, or failure. Place your whole thought upon the truth that the only power there is is Christ within you.

The God of Israel, he giveth strength and power unto his people.—*Psalms 68:35.*

FRIDAY, JULY 14

The perfect body in the mind of Christ now comes forth in me as my own bodily perfection.

REALIZE that in the mind of the Creator exists the thought of your body as whole and perfect. In the mind of Truth there could be no thought of your body as weak or diseased. Give up any belief that in Truth your body is anything but whole and perfect, even though to sense and by appearance it seems to you to be otherwise. Through Christ in you, your perfect body becomes manifest when you reach the consciousness of the perfect body.

In Truth your body is God's holy temple. It is the temple of His presence. You need to wipe from mind all belief that your body is imperfect or diseased. You need to clear your mind of all thought that your body is material or perishable. Nothing can limit your body but your limited thought about it.

Abide in the consciousness that the perfect body of Christ in you now appears and replaces the limited conception of the body that you have entertained. Realize that your limited conception is being transformed into the true idea of the body and that your real body appears in manifestation.

He spake of the temple of his body.—*John 2:21.*

SATURDAY, JULY 15

*I no longer think of my shortcomings.
I realize that in Truth I am God's idea
of perfect man becoming manifest in
perfection.*

MAN seems to fall easily into the habit of thinking of his shortcomings or limitations. He gives himself to this habit when he should be thinking Truth. He looks upon that which he appears to be and thinks that the imperfect man he beholds is himself. Until he gains an understanding of Truth he believes that the man of shortcomings that he sees is real and true.

In Truth there is no idea about you save the perfect idea or the idea of your perfection. In the mind of God there is no thought that you are imperfect or diseased. God does not know you other than as you are in Truth—whole and perfect. If God knew imperfect man then imperfect man would be His creation. When you learn to think according to Truth, according to Divine Mind, you think the perfect idea about yourself, and it is manifested as your perfection.

When you think according to Truth you will not see imperfections in others. You will always see the perfect idea of man appearing.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*

SUNDAY, JULY 16

My faith in God, the good, frees me from all unbelief, and I am faithful to Him in all things.

WE FREE ourselves from doubt and unbelief when we establish ourselves in faith in God. We cease to doubt the goodness of God when we enter the high consciousness of Truth in which we find ourselves at one with Him and all good.

Even when man is most discouraged and inclined to doubt, something within him urges him to have faith. The presence of Christ within him inspires him to trust in God and to know that good will appear. Without this presence and this inspiration, man would be a pessimist. He would neglect to believe in God and would believe in the power of adversity.

We increase in faith as we meditate upon the goodness of God. We give up all doubt as we behold Him in Truth. When we are inclined to doubt Him, His existence or power, something within us makes us feel His presence. Something within us says, "Here I am! Believe on Me!"

Our faith in God is always rewarded. He compensates us with His love, with healing, with success.

Looking unto the promise of God, he wavered not through unbelief, but waxed strong through faith.—Rom. 4:20.

MONDAY, JULY 17

I relax from all stress and strain, because through the presence of God in me I am harmonized in mind and in body.



LEARN to relax from mental and physical tension through relieving your mind of tense thoughts. Exchange the tension-producing thought for one of Truth, of harmony and relaxation. Free your mind of all belief in fear and resistance. There can be no stress or strain in your mind or body when your mind is harmonious.

Relax from thinking hard and heavy thoughts. Give yourself a mental holiday by letting your mind refresh itself with soothing thoughts. Let these thoughts be pictured forth in your body as relaxation and physical harmony. Your body will relax its tense muscles and taut nerves when you no longer think tense thoughts.

Living the life of nonresistance will help you to relax. Cease to be concerned about what others do. Do not give undue thought to external things or to worldly conditions. See that your mental life is healthy. See that you entertain only constructive, loving, and harmonious thoughts.

They rest in their beds, each one that walketh in his uprightness.—*Isa. 57:2.*

TUESDAY, JULY 18

*The presence of Christ in me reveals
heaven to me: the kingdom of peace,
love, health, and plenty.*

WHAT is heaven to you? Do you think of it as some land existing in some distant place to be reached in the future? Do you think of heaven as something reached through disease and physical annihilation? Is heaven to you a four-dimensional world beyond the clouds?

In Truth we know that heaven is the presence of God within and about us. We know that heaven is the realm of peace, love, health, and plenty. We reach it through the consciousness of Truth and life and not through the consciousness of disease and death. We find heaven when we have only heavenly thoughts.

The only hell is that which man creates through his adverse thinking. His adverse thoughts take form and the adverse conditions he produces become hell to him. The only heaven is that which man finds through right and spiritual thought. He enters spiritual consciousness and in the upper realms of mind and of Spirit he finds heaven.

Abide this day in the conscious realization that you dwell in heaven.

The kingdom of God is not eating and drinking, but righteousness and peace and joy in the Holy Spirit.—Rom. 14:17.

*The light of God shining at the heart
of my being can always be depended
upon to illumine, inspire, and guide me.*

THE LIGHT of God ever illumines His children. Without this light they would be deserted by their Father and left in darkness and in ignorance. They would not know where to go, which way to turn, what to do. In Truth we know that the Father ever remains in His creation and that His own light and wisdom ever abide in His son.

We develop the sense of spiritual guidance when we turn to God within us for our direction. We may look to external help and be deceived and misdirected, but the guidance of Spirit is always truthful and sure. When something within us prompts us to action we may be sure that we are being spiritually led. To get this direction we must be willing to act even if it be against that which may be our personal wish or our personal will.

The wisdom, intelligence, and light of Spirit ever guide and govern man. If he seems to lose the sense of direction, he must turn back to the indwelling Father. He must know that in Truth he cannot be in doubt or undecided. He must realize that the light of Spirit within him ever illumines and directs him into his highest good.

Jehovah is my light and my salvation.—*Psalms*
27:1.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

July 20 to August 19

FOR ILLUMINATION

*The radiant Christ manifests its light
in and through me.*

FOR HEALING

*In the presence and power of the
Christ in me, I decree the manifestation
of perfect health.*

FOR PROSPERITY

*In the presence and power of the liv-
ing Christ substance, I claim the riches
of God.*

THURSDAY, JULY 20

The healing presence of Christ within and about me delivers me from all belief in disease and restores me to health and wholeness.



WE EASILY give up the thought that disease is something dominating us when we realize in Truth that there is only the presence of Christ as health within and about us. We realize the nothingness of disease when we realize the allness of God. We lose sight of the belief in disease when we are quickened to the truth that God is all in all.

The healing presence of Christ annihilates all belief that disease can be present. His healing power prompts us to know that disease cannot have power over us. His omnipresence of health and life and strength causes us to know that disease cannot be present in us, either. His omnipotence as life and health makes us realize that disease has no potency in Truth.

If you would be restored to perfect health, first restore to yourself the consciousness of Christ's presence. Know that in His sight you have had no lapse from perfect health. Realize that His presence fills you and that you have but to turn to Him to be assured of health.

Ye shall serve Jehovah your God . . . and I will take sickness away from the midst of thee.
—Exod. 23:25.

FRIDAY, JULY 21

*As a son of God, my mind is filled
with rich ideas, and my affairs impreg-
nated with riches.*



THE FIRST MEANS that God uses in making us rich is that of filling our mind with rich ideas. He reveals to our consciousness that which we need for our comfort. He causes us to think the thought that will lead us into the possession of what we desire.

Drop from mind every belief in the virtue of lack. Somehow we cannot believe that one living in squalor is living near to God. We think of the kingdom of heaven as a kingdom of plenty. We believe that we are a little nearer to God when we are conscious of His abundance.

If you would prosper, fill your mind with thoughts of prosperity. Do not put any limits to your prosperity or success. In Spirit there is no limitation of God's goodness. In Truth there can be no lack, no failure. Of course, as a student of Truth you would not want to attract to yourself any possession that you feel would interfere with your spiritual development. Studying Truth, you must get the right consciousness of Truth and the right conception of the never-failing abundance of God.

God, who giveth us richly all things to enjoy.
—1 Tim. 6:17.

SATURDAY, JULY 22

*Through the Christ consciousness, I
forgive easily and thoroughly.*

FORGIVENESS is a process of wiping from mind the limiting thought that you have entertained about another. If he was formerly a friend and then, through some misunderstanding, you entertained an unfriendly thought about him, you now restore him to the status that he had before your friendship was jeopardized. You lose sight of the adverse thought which caused the break in friendship.

Forgiveness should be a simple matter. If we realize that we have no right to hold others in the thought of sin, we can forgive easily. If we realize that when we are unkind to another, we are unkind to the Christ within him, we cannot let unkindness continue. If we are willing to let Christ in him salute Christ in us through love, then we know something of forgiving love.

When another is unkind to us, he cannot injure us if our attitude toward him is what it should be. If we hold a loving thought toward him, his unkindness means nothing at all to us. We can forgive him when we realize that his unkindness has no power, no effect upon us.

Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.
—Psalms 103:1, 3.

*The stillness of Christ in me pervades
my whole being, and I am quiet and still.*



IF YOU believe that things of the external world can disturb you, you will be disturbed. You will identify yourself with their noise and confusion. If you turn in thought to the presence of Christ within you, if you identify yourself with His quietness and stillness, you will become at one with the peace and power of stillness.

Christ in us is a presence of quietness. When we think of persons, things, and situations of the world as having power to disturb or to harm us, this presence within us decrees silence. When we would speak the angry word, something within us tries to silence our tongue. We feel the power of silence, the power of Christ.

Prayer, the practice of the silence, helps us to silence our disturbing thoughts, our beliefs that external things can disturb us. We enter into the consciousness that Christ in us is all in all. We realize that things do not have power over us, that they are unable to disturb us, that we cease to respond to their call to us to be irritated and unpoised.

In the consciousness of the presence of Christ, we are quiet and still, at one with His quiet.

The effect of righteousness, [shall be] quietness and confidence for ever.—Isa. 32:17.

MONDAY, JULY 24

Christ, the Truth of God, is now active in my consciousness, and I react to all situations through Truth.



CHRIST symbolizes Truth to us because Jesus through His Christ consciousness gave Truth to suffering humanity. In the study of the higher truths of being as revealed in the Bible and through spiritual consciousness, we seek to find Christ in ourselves. Thereby we enter the consciousness of Truth and learn to react to all situations through this higher understanding.

Truth is the real philosophy of life. Men have found it hard to define and easy to recognize. As students of practical Christianity, we know the Truth of Christ dwelling within us. It is true that He is omnipotent and all-good. We know the Truth of His supremacy over all things and that through Him everything in the external world becomes subservient to us. We declare the Truth of our power to rise above inharmony, fear, disease, and lack, because we know that Christ in us is supreme and that all these must disappear before the consciousness of Truth.

Truth established in our consciousness causes us to think in terms of Truth when otherwise we should believe in adversity.

Grace and truth came through Jesus Christ.
—John 1:17.

TUESDAY, JULY 25

The presence of Christ within me exalts me, and I am lifted up above every belief in limitation.

EXALTATION comes to us when we experience the feeling that something within us greater and higher than any sense of limitation is lifting us up. We come to the realization that we are not limited by adverse beliefs or the things about us. We know that something has exalted us above all belief that we can be limited in any wise. We become conscious of the presence of Christ within us, the presence of something that ever exalts us and lifts us above the claims of the world.

Being lifted above our beliefs in limitation and adversity, we catch the thought of the perfect freedom and life in Spirit. We cease to think that anything can cast us down, can depress us, or make us unhappy. We know that we are exalted above those things which formerly seemed to have power over us and the ability to take our joy from us.

The feeling of exaltation makes us realize the presence of Christ within us. We are exalted because He seeks to lift us up above those thoughts which would debase us or cause us to lose sight of what we are in Spirit.

Let us lift up our heart with our hands unto God in the heavens.—*Lam. 3:41.*

WEDNESDAY, JULY 26

*I am not given to condemning others,
since I abide in the consciousness of
praise.*

IF YOU would free yourself from condemnation or from the habit of condemning others, enter into the consciousness of praise. Give up the thought of condemnation for that of praise and praise others when you are tempted to condemn them. Clear from mind all tendency to condemn.

Living in the consciousness of praise, you will be free from all tendency to condemn. You will discover good where you thought evil existed. You will see your friends in a new light in which only their goodness is revealed to you. You will behold virtues in place of shortcomings.

If you would praise others and be praised yourself, free yourself from all connection with condemnation. Wipe from mind all thought of condemning others and all belief that others can condemn you. Live in the consciousness of praise. Live in the realization that good is ever appreciated, ever free to be expressed.

You can cure yourself of the habit of condemnation by training yourself to think of something to praise.

When he giveth quietness, who then can condemn?—*Job 34:29.*

THURSDAY, JULY 27

I know that through prayer, communion with Christ within me, I bring my good into manifestation.

PRAYER is that mental and spiritual attitude in which man enters when he feels his oneness with Christ within him. By prayer he lifts himself above sordid things in life, he ceases to believe in the reality and power of sin, fear, disease, and lack. His thought is upon things heavenly, things of Truth and reality. His attention is turned away from things of the world and directed Christward.

In prayer, he does not beseech God for blessings. He realizes that he is one with God and all that God is and has. By prayer he enters into the realization that he is consciously identified with the good that he seeks and desires.

Students of Truth pray when they still clamoring thoughts and think thoughts of Spirit. They know that they are in prayer when they cease to think of limitation and lack and realize the riches of the presence of Christ. They are in prayer when love instead of hate and fear fills their hearts. They commune with God when, instead of believing in disease, they realize the presence of Christ as their health.

Every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.—*Matt. 7:8.*

FRIDAY, JULY 28

*Through the consciousness of Truth,
I have dominion and authority over my-
self, my life, and every situation in my
affairs.*

WHAT HAS dominion over you? Do you think of external things and adverse situations as having authority over you, power to make you unhappy or to make you fail, or do you recognize the truth that only the Spirit of truth in you can have dominion over you?

Do you consider that disease has dominion over you? Have you entered the high realization that only the Spirit of life can dominate you or have authority over you? If you have, then you are in spiritual consciousness, that consciousness in which Truth alone has dominion.

Do other persons seem to have authority over your life? They will appear to do so as long as you are in personal consciousness. You need to realize that in Truth the only being is God, the only authority is that of Truth, the only dominion is that of Spirit. Let not any belief in sin, evil, fear, disease, or lack have dominion in your life. Realize the omnipotence and omnipresence of Spirit.

Let not any iniquity have dominion over me.
—*Psalms 119:133.*

I abide in the consciousness that time does not limit me. I know that the blessings of God come to me here and now.



HERE are those who think that they are limited by time. They believe that they need to wait until some future day for their good. They give a great deal of thought to developing processes, thinking that their good must pass through several stages of development before it can appear.

The student of Truth gives little consideration to time. He gives his whole attention to thought. He knows that through right thinking his good is brought into manifestation and visibility. He realizes that in Spirit there is no time and no delay.

Do not always think of yourself as growing in grace, but give some thought to the truth that right now you are what you want to be. The student of Truth must come to the realization that right now he is what he has hoped to become. He needs to affirm, "God is, and I am. Right now I am that which I have sought to be." His demonstration of health and plenty must be considered as made now, and not as in a slow process of being made.

Redeeming the time.—Eph. 5:16.

SUNDAY, JULY 30

The Spirit of wisdom, peace, and order within and about me now guides and directs me into the way that I should go.

WHEN we realize that the Spirit guides our feet into the right path, we are not undecided. We are not hesitant about the way we should go. We realize that in Truth there is but one way and one path, that of Spirit.

When two roads seem to open before you, turn in thought to the Spirit of wisdom within you. Realize that in Truth there is only the right way. Rise above all tendency to be hesitant or undecided. Let the Spirit of truth direct you into the path of peace, joy, and success.

Are you wondering today what to do, what course to take, what decision to make? Shift the burden upon the Lord. Let Him decide for you. Give the Spirit of wisdom the responsibility of making your decision and then be willing to do as it directs. Be ready to take the course that it approves of as the best way for you to go.

Remember that in Truth there are not many paths; there is but one. There are not many voices to advise and direct you; there is but one. When you realize this truth you will be able to select the right path and make the wise decision.

Make straight paths for your feet.—Heb. 12:13.

MONDAY, JULY 31

*Because the Spirit within me is wise
and just, I too am wise and just in all
my dealings.*



IF YOU are inclined to be unjust in your dealings with others or if others are unjust to you, take up the thought of wisdom and justice. Use an affirmation that makes you more confident in the justice of Spirit within you and cease trying to judge others from a personal standpoint.

The judgment and justice of Spirit are not dependent upon personal standards. Spirit judges independently of personal likes and dislikes. The judgment of Spirit is meted out to one and to all alike, taking no account of personality. We exercise good judgment when we rise above personal feelings.

The justice of God is above that which may be called human justice or the justice of man. God's justice is not tinged with the thought of personal benefit. The figure of Justice whose eyes are blindfolded as she holds the scales before her shows us the impersonality of justice. She metes out good judgment and righteous justice regardless of who comes to her, and the measure of her justice is not affected by the personality of the one who appears before her.

One only is the lawgiver and judge . . . who art thou that judgest thy neighbor?—James 4:12.

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A Student Writes

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BEYOND HIMSELF AND TRULY
MOUNTS UP TO GOD.

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